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Your essential daily news | WEDNESDAY, APRIL 29, 2015 | High 21°C/Low 5°C Sunshine

John Paul Ostamas, 40, is charged with two counts of first-degree murder and one count of second-degree murder. Inset: Winnipeg police superintendent Danny Smyth.

FACEBOOK/HANDOUT; INSET: SHANE GIBSON/METRO

Man charged in homeless deaths

CRIME

Drifter with violent history on first-degree murder rap

Shane Gibson
Metro | Winnipeg

Winnipeg police have charged a man, originally called a person of interest, with murdering three people — two vulnerable men in the downtown area last weekend and a third man who was found beaten to death in a bus shack earlier in the month.

But Supt. Danny Smyth stopped short Tuesday of calling the suspect a serial killer.

"I don't know if there's a definition for a serial killer," said Smyth, after announcing the arrest in the cases that have left Winnipeg's homeless community on edge and garnered national media attention. "But certainly three murders is significant."

John Paul Ostamas, 40, was charged Monday with two counts of first-degree murder and one count of second-degree murder.

Police allege Ostamas attacked and killed Donald Collins, 65, in a back lane near Hargrave Street and Portage Avenue Friday night and then killed 48-year-old Stony Bushie after the two met several hours later at a parkade near the same corner.

The second-degree murder charges are connected to the death of Myles Monias, 37, who was found beaten to death April 10 in a bus shelter at Main Street and Pioneer Avenue.

Smyth said Ostamas, who is originally from the Thunder Bay area and has lived in and out of Winnipeg for the decade, is "very transient" and knew both men he's accused of killing last weekend. Police believe the earlier killing was random.

Smyth said it's too early to say whether Ostamas is involved in any other unsolved crimes in Winnipeg.

Main Street Project executive director Lisa Goss was grateful for the quick arrest, but said the homeless are always at a higher risk than the general population.

"The reality is they're prepared for this every day," she told media. "It's a different way of life when you don't have the securities that you and I do."

OSTAMUS

Ostamas is originally from Thunder Bay, Ont., but was staying at a Winnipeg homeless shelter. He knew both Donald Collins and Stony Bushie, Winnipeg poilice Supt. Danny Smyth said.

THE CANADIAN PRESS

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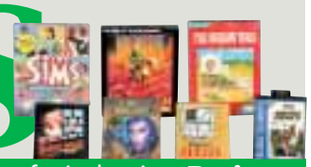

Video Game Hall of Fame names finalists for induction. **Business**

Councillor pitching zipper merge for city

TRAFFIC

Process called a fairer, faster way to handle lane closures

Elisha Dacey
Metro | Winnipeg

A local councillor says there's a simple way to alleviate delays caused by road construction and he hopes city council will help.

St. Boniface Councillor Matt Allard says he will bring forth a motion at Wednesday's city-council meeting to study what's called the zipper merge.

"For those who have experienced the zipper merge, where the driver culture is that people understand how it works, there's likely some benefit to be had for Winnipeg drivers and at very little cost.

"It's just a tweak in how people engage the intersection when there's construction."

The zipper merge concept is simple: when signs are placed on a road indicating a lane is closing, people wait as long as possible before moving into the open lane, rather than trying to do so immediately. After waiting, cars then take turns moving into the open lane.

Zipper-merge proponents say they reduce traffic lineups by up to 40 per cent. They also say road rage incidents go down due to the "fairer" system.

40%

Zipper merge proponents say they reduce traffic lineups by up to 40 per cent.

Allard said it's simply a matter of educating local drivers.

"I know there's going to be a lot of debate, but I think Winnipeg drivers are up for it."

Allard said his motion will likely be referred to administration, which will be asked to respond in 30 days.

Saskatoon implemented the zipper merge in 2013.

> **I know there's going to be a lot of debate, but I think Winnipeg drivers are up for it.**
> St. Boniface Councillor Matt Allard

Could the zipper merge, in place in Saskatoon, be coming to Winnipeg? Coun. Matt Allard is proposing the city look into the idea. CHRIS CARR/CKOM RADIO SASKATOON

SAFETY

Swift suspensions sought for dangerous drivers

Minister James Allum says the change could see hundreds of drivers taken off the roads annually. SHANE GIBSON/METRO FILE

Have a lousy driving record? The provincial government has you in its sights.

The province is proposing a change to the Highway Traffic Act that would require police to "notify the registrar of motor vehicles of serious driving infractions immediately after charges have been laid," said James Allum, minister responsible for Manitoba Public Insurance.

This will give the registrar the power to act as soon as possible to suspend someone's licence, said Allum.

"These enhancements will ensure high-risk drivers are dealt with faster and taken off our roadways for the safety of other Manitobans," said Allum. "Several hundred high-risk drivers could be taken off the roads yearly with this new law in place. Affected drivers would still have the ability to appeal immediate licence suspensions to the Licence Suspension Appeal Board."

About 4,000 high-risk drivers were suspended last year, with 5,000 more ordered to take a driver's course in order to keep their licence.

A driver who sits at the bottom level (-20) of the Driver Safety Rating pays a premium of $2,500 for their licence. At the opposite end of the scale, long-time safe drivers receive a 33 per cent discount off their basic Autopac premium, in addition to a saving on the cost of their licence.

"The RCMP welcomes any efforts to get dangerous drivers off the road," said Insp. Joanne Keeping, officer in charge of traffic services, D Division.

METRO

TICKETS

Police fine eight for super speeding

Last weekend was a wild one on highways in Manitoba.

Police reported Tuesday that they charged no less than eight drivers for super speeding — driving in excess of 150 kilometres an hour — and charged one man they caught drunk behind the wheel of a tractor for the second time.

The craziness started Friday when two RCMP officers stopped seven super speeders between 9 p.m. and midnight.

According to a release, officers stopped three vehicles travelling together on the Trans-Canada Highway, about 15 kilometres west of Brandon, all driving 157 kilometres per hour.

The two 20-year-old male drivers from Winnipeg and the one 22-year-old male driver from Calgary were friends and said they were all headed to the same destination.

All three received fines of $796.25.

West of Brandon, two more drivers were caught going 141 kilometres per hour and 150 kilometres per hour. A third, a man from Winnipeg in his 40s, was clocked going 154 kilometres per hour with two women and two young children in his car.

The fastest driver caught Friday was a 42-year-old man from Cross Lake, who was fined $862 when he was clocked driving at 162 kilometres per hour just east of Brandon.

An eighth super speeder was caught going 161 kilometres an hour on the Trans-Canada Highway just east of Brandon on Saturday.

Her lead foot cost her $849 in fines.

Mounties capped off the wild weekend by catching a 56-year-old man drunk-driving a tractor on Sunday, in the Gilbert Plains area.

The man blew twice the legal limit and was charged with driving while disqualified.

Police said his licence had already been disqualified for — wait for it — driving a tractor while intoxicated.

METRO

CARLTON LANDS

Mayor meets with True North owner

Mayor Brian Bowman says he and Mark Chipman have finally met in person to discuss True North Square.

Bowman tweeted Tuesday morning that he and the owner of True North Sports and Entertainment (TNSE) had a meeting last week that he called productive and positive.

Chipman confirmed the meeting and sent out a statement to media later Tuesday afternoon.

"We are very appreciative of the mayor's words today acknowledging that True North Sports & Entertainment Limited did, in fact, follow all the proper steps last year when we entered into an Option Agreement with Centre Venture regarding the property at 220 Carlton St. We also appreciate the mayor's view of the potential impact of this project. However, we wish to remind everyone that there is still a great deal of work to do before this becomes a reality."

TNSE is currently trying to finalize a development deal and purchase price for the land, a vacant lot near the Convention Centre. If the deal goes through, the site will become the location of a five-star hotel, condo towers, office towers and a public square. The option for the site on Carlton Street was supposed to be finalized March 30, but True North asked for an extension to May 15.

ELISHA DACEY/METRO, WITH FILES FROM BERNICE PONTANILLA

BACKGROUND

The entire project went on hold after Chipman held a news conference in February outlining the project and accusing Mayor Brian Bowman of implying he had done something wrong.

Chipman admitted during the conference he had the inside track on buying the downtown land, but claimed Mayor Bowman has known for months about a plan to develop the site.

A True North Sports & Entertainment video promoting its $400-million True North Square plan. SCREENGRAB

IN BRIEF

Shelter needs home for 100 cats by end of week

Craig Street Cats is scrambling to place 100 cats by the time it closes its doors at 489 Madison Ave. later this week. Lynne Scott, executive director of the no-kill shelter, said 90 cats had been placed into temporary foster care on Monday, but the remaining kitties have health or behavioural problems and need special placements. The shelter is allowed to bring about 20 cats to its new location on St. James Street while construction is being completed. METRO

Apparent thief leaves contact info with loot

It seems like the thief who stole a number of animal crates from the loading dock at D'Arcy's A.R.C. on Monday didn't go far to pawn his loot.

D'Arcy Johnston, owner and founder of the animal-rescue shelter, only had to take a short drive up the road to find the crates at Pet Traders on Portage Avenue. Johnston said he is dumbfounded that the thief left his name, address and phone number at Pet Traders. Johnston said he alerted police. METRO

Nick Kowalchuk, executive director of the Gas Station Arts Centre, announces plans to build a new 82-unit housing co-operative on the GSAC's Osborne Village lot at 445 River Ave. EVA WASNEY/FOR METRO

Gas Station to add residential space

OSBORNE VILLAGE

Arts centre still needs funding for co-op plan

Eva Wasney
For Metro | Winnipeg

First it was a gas station, now it's a theatre and soon it may be home to a brand new 82-suite housing co-operative.

The Gas Station Arts Centre (GSAC) announced Tuesday it plans to build an eight-storey residential space above its current location at 445 River Ave.

The co-op is part of a major redevelopment plan for the 32-year-old theatre centre.

"It started from us wanting to rebuild and upgrade the theatre and clean up the courtyard," said Nick Kowalchuk, executive director of GSAC.

"We started looking at building above and having housing that would help with the rebuilding (costs), and it would create a great little community on this corner."

The co-op idea became a reality when GSAC partnered with the Winnipeg chapter of the Performing Arts Lodge of Canada, which provides affordable housing for professional artists.

> **"It would create a great little community on this corner."**
> Nick Kowalchuk, executive director of GSAC

Other co-op board members include the Old Grace Housing Co-Op, Lakeview Realty and DSI Tandem.

One goal of the project is to create more residential space in Osborne Village.

"There are a lot of condos going up, and the rental market is dwindling in this area. This is the most densely populated area in the city," said Kowalchuk.

The co-op will have 51 market suites and 25 affordable housing suites. There will also be six social-housing suites reserved for Macdonald Youth Services when the shelter needs to place kids in transition, said Kowalchuk.

Government funding still needs to be established. Kerri Irvin-Ross, minister of family services as well as housing and community development, said she is supportive of the project, but stopped short of committing funds.

Construction is set to begin next summer.

CRIME

Bed intruder gets four years in prison

A Winnipeg man who broke into a home and got into bed with a 14-year-old girl has been sentenced to four years in prison.

Anthony Traverse, 30, forced his way into the home in the middle of the night and got into bed with the girl. She woke up with him cuddling her and whispering, "Don't go" in her ear.

The girl ran to her mom's room, but the man was gone by the time they returned. He left an open window and an unwrapped condom on the bed.

The mother of the girl gave a tearful victim-impact statement during his sentencing hearing Monday.

She said her daughter now suffers from insomnia, has had trouble at school and still can't talk about what happened with anyone, she said.

What Traverse did was "invasive and alarming, for their bedroom and house to become a crime scene," and the family had to move, the mom said.

Traverse pleaded guilty to breaking, entering and committing assault, as well as breaking, entering and committing theft. A laptop was stolen from the girl's room.

Crown prosecutors argued for a six-year prison sentence, citing the substantial psychological damage done to the victim and her family and Traverse's lengthy criminal record.

His defence lawyer tried to persuade the judge that another six months or year in jail would be appropriate considering he has already spent two years in custody.

Traverse apologized in court.

"I need help. I need professional help. I don't need any more jail time. I learned my lesson from this," he told the judge.

Judge Sheldon Lanchbery acknowledged that Traverse's background contained some of the most egregious abuse he'd ever seen but also said the victims are "never going to forget this" and that he stole "far more than a computer" from them.

With credit for time served, Traverse will spend another year and a half in jail.

THE CANADIAN PRESS

IN BRIEF

Scammers pretending to be hydro company reps

Manitoba Hydro is warning Winnipeggers of a group of scammers pretending to be from the utility, demanding money.

The scam works like this: a call originates from a toll-free number or Manitoba Hydro's number. The caller asks a few questions, then states that the customer's account is in arrears and must be paid immediately. The customer is provided with payment options, which include making a payment through a local retailer or through a PayPal account, wiring a cash payment via Western Union or providing a credit-card number.

Hydro said the callers often give a short time frame to make a payment and threaten to cut the customer's power.

Hydro said that while they do make phone calls to people who are in arrears, they never demand payment over the phone or ask for wire transfers. Anyone who gets such a call should hang up immediately and call the police non-emergency number. METRO

Barenaked Ladies, The Tenors coming to town

A classic Canadian band and a Canadian classical band have each announced dates in Winnipeg this fall.

The Barenaked Ladies will stop at MTS Centre on their Silverball Tour, with special guest Great Big Sea frontman Alan Doyle, on Nov. 6.

The Tenors will bring their harmonies to the arena Sept. 18.

Tickets for the Barenaked Ladies show go on sale May 1 at 10 a.m. through livenation.com.

Tickets for The Tenors performance go up for sale May 9 at 10 a.m. METRO

PTE's general manager retiring at end of year

THEATRE

Karpyshin has been in the role for 34 years

One of the city's longest-running theatre companies is announcing the retirement of it's longtime general manager.

Cherry Karpyshin will retire at the end of 2015 from Prairie Theatre Exchange (PTE).

"The decision has been difficult because I truly love my job, but after thinking about it for quite some time, I've decided that now is the right time to step out of my role as general manager," said Karpyshin.

Karpyshin has been general manager of PTE for 34 years and has worked in the local theatre industry for 50.

"Cherry has always embodied the values of Prairie Theatre Exchange and worked hard to keep what happens on the stage and in the school at the apex of the organization," said Robert Metcalf, PTE's artistic director. "While her job's main focus is the administration of the budget, Cherry understands the need to take risks in the programming, even if that makes her job more difficult. I count myself blessed to have worked with her over the last dozen years because of her many skills, her commitment to PTE and because she's one of the finest people that I've ever met."

Cherry Karpyshin CONTRIBUTED

PTE's yearly revenue exceeds $2 million, and under her leadership the theatre posted surpluses for most of those years, said PTE in a statement.

Karpyshin is a recipient of the Mallory Gilbert Leadership Award (2008), was acknowledged for her arts involvement with the YMCA-YWCA Women of Distinction Award in 2005 and has sat on numerous boards throughout her career. METRO

> **"The decision has been difficult because I truly love my job.**
> Cherry Karpyshin

BALLET WINNIPEG COMPANY TAKES A LEAP AT SHAKESPEARE Royal Winnipeg Ballet's principal dancer Liang Xiang performs as Oberon with soloist Sophia Lee performing as Puck in The Faerie Queen, the RWB's new ballet based on A Midsummer Night's Dream, which opens April 29. EVA WASNEY/FOR METRO

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Remains are sex worker's: Police

EDMONTON

RCMP looking into whether area is a dump site for bodies

Leah Holoiday
Metro | Edmonton

Eleven years after Delores Dawn Brower was last seen hitching a ride on 118th Avenue in Edmonton, RCMP confirmed Tuesday that the remains found south of the city are hers.

Edmonton's medical examiner was able to identify the 33-year-old woman, who worked in the city's sex trade when she disappeared, through dental records.

The examiner has been unable to determine Brower's cause of death, but tests are ongoing.

On April 19, a property owner found parts of Brower's skull just east of Leduc, Alta., near the Rollyview community, prompting a police investigation.

It is the third time human remains have been discovered in an eight-kilometre radius of one another.

The skeletal remains of Katie Sylvia Ballantyne, also an Edmonton sex-trade worker, were discovered in the same region in July 2003. In 2012, the remains of 20-year-old Amber Tuccaro were found.

Insp. Stacey Talbot said RCMP are investigating the possibility that the area could be a "dumping ground" for bodies.

Described as Métis, Brower was known on the street as Spider and had been canvassed by the RCMP's Project Kare, a provincial task force formed in 2003 to investigate missing or murdered sex workers.

Members of the project asked Brower to join its high-risk-person registry before her disappearance and were the last to see Brower before she went missing.

> **"There are many families who have yet to find the answers they are seeking.**
> Family of Delores Dawn Brower, in a statement

The RCMP Historical Homicide Unit is now leading the investigation.

Brower's family released a statement urging people to contact police if they had information about the homicide.

"While we are saddened to have confirmation that Delores' remains have been found, there is a sense of thankfulness as well. We loved Delores and are grateful to have some closure. While we are grieving with some sense of relief, we know there are many families who have yet to find the answers they are seeking."

WITH FILES FROM THE CANADIAN PRESS

COURT DEL MASTRO SAYS HE'S PAID 'EXCEPTIONALLY HEAVY PRICE' ALREADY

Former Conservative MP Dean Del Mastro leaves court on Tuesday at his sentencing hearing in Lindsay, Ont. Del Mastro choked back tears as he described the "nationwide condemnation" he's had to endure as his election overspending trial wound its way through the legal system. Crown prosecutors are seeking a sentence of nine to 12 months in jail. But Del Mastro addressed the Crown's stance in his appeal to the judge. "They have failed to acknowledge the exceptionally heavy price that I have already had to pay," he said. The former Conservative MP was found guilty last fall of violating the Canada Elections Act. Del Mastro's sentence is expected to be delivered on June 26.

RED THORNHILL/THE CANADIAN PRESS

Guilty plea in burning of woman

A man accused of attacking a homeless woman and setting her on fire in northern Saskatchewan has pleaded guilty to attempted murder.

Leslie Black, 29, entered the plea Tuesday in a Prince Albert courtroom.

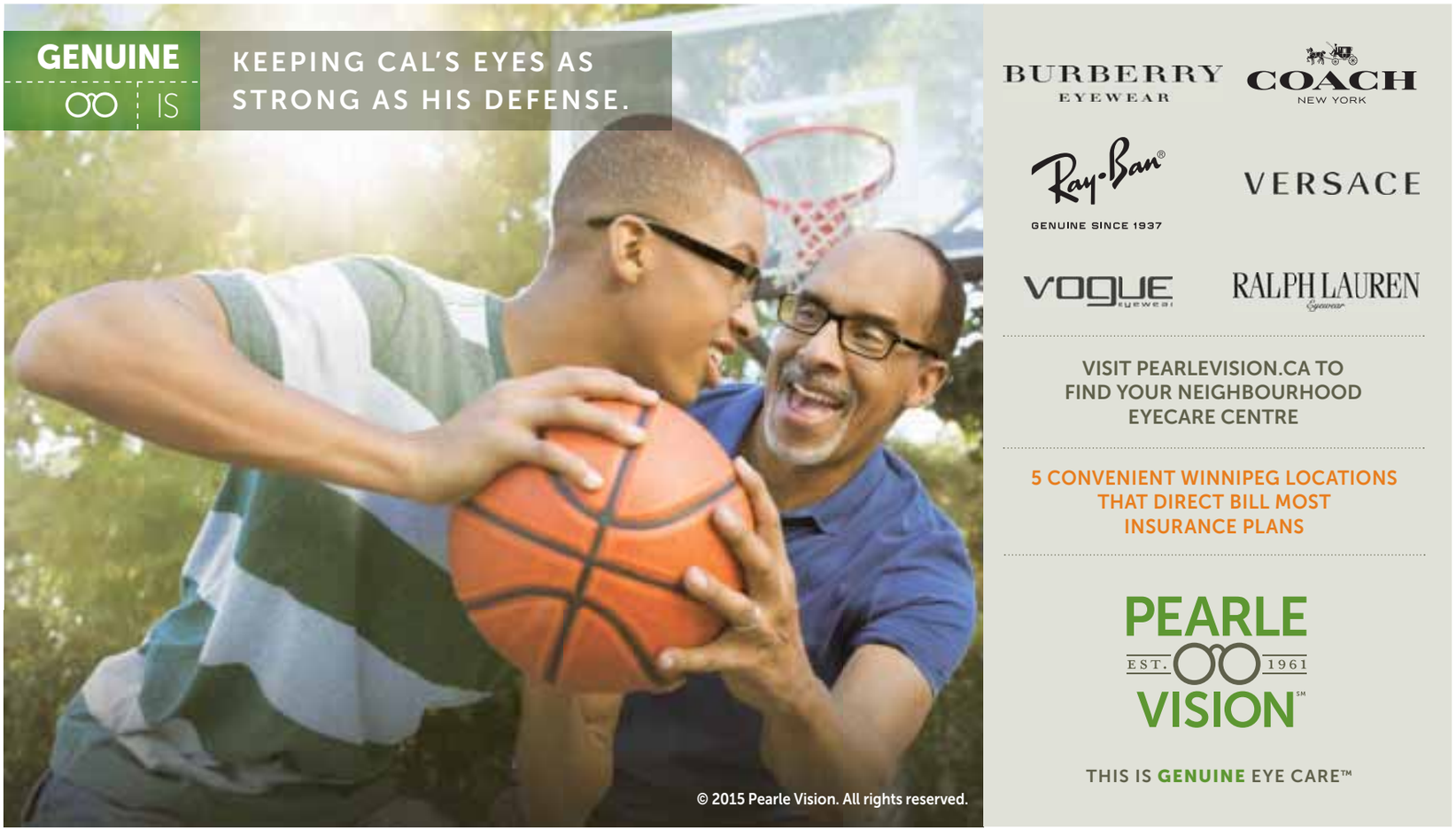
A judge ordered the man to undergo a psychiatric assessment, and he was remanded in custody until June 26.

Marlene Bird was found badly injured in a parking lot outside a community centre in the city's downtown on June 1.

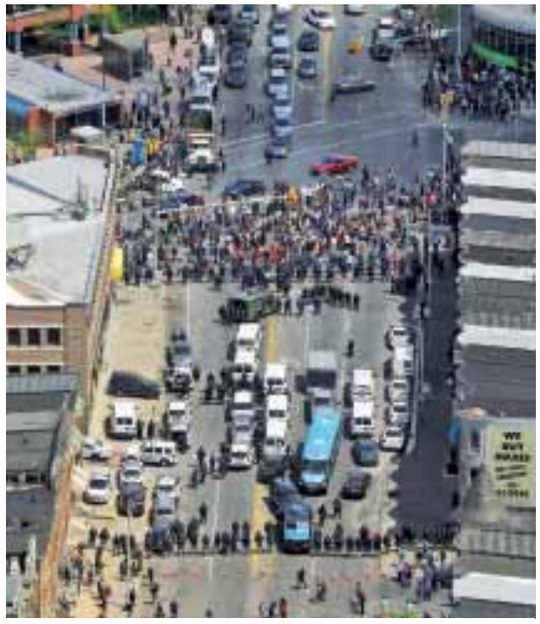
The 57-year-old was so badly burned in the attack that doctors were forced to amputate both her legs.

There was an outpouring of support for Bird nationally and internationally.

THE CANADIAN PRESS



Residents clean streets as law enforcement officers stand guard, Tuesday in Baltimore, in the aftermath of rioting following Monday's funeral of Freddie Gray, who died in police custody. MATT ROURKE/THE ASSOCIATED PRESS



In this aerial photo, police stand in formation near a gathering of protestors at the intersection of North and Pennsylvania avenues, Tuesday in Baltimore.
PATRICK SEMANSKY/THE ASSOCIATED PRESS

A man rinses his eyes after he was sprayed by police with a crowd dispersant in the aftermath of rioting following Monday's funeral for Freddie Gray.
MATT ROURKE/THE ASSOCIATED PRESS

National Guard in Baltimore

FREDDIE GRAY DEATH

Governor vows to prevent another round of rioting

Baltimore was a city on edge Tuesday as hundreds of National Guardsmen patrolled the streets against unrest for the first time since 1968, hoping to prevent another outbreak of rioting.

Maryland's governor said 2,000 Guardsmen and 1,000 law officers would be in place overnight to try to prevent a repeat of the unrest that erupted Monday in some of the city's poorest neighbourhoods and sent a shudder through all of Baltimore.

"This combined force will not tolerate violence or looting," Gov. Larry Hogan warned.

In a measure of how tense things were, the city was under a 10 p.m.-to-5 a.m. emergency curfew. All public schools were closed. And the Baltimore Orioles cancelled Tuesday night's game at Camden Yards and — in what may be a first in baseball's 145-year history — announced that Wednesday's game will be closed to the public.

The streets were largely calm all morning and into the evening. But police with riot shields lined up shoulder to shoulder and kept close watch over a growing, chanting crowd of about 1,000 people at the corner where some of the worst violence took place the night before.

> **It brought a tear to my eye. Seeing it doesn't feel like the city that I love.... I am glad they're here, but it's hard to watch.**
> Resident Jascy Jones, about the sight of National Guardsmen on the street

The real test was expected after dark, with the start of the curfew.

The looting and rock- and bottle-throwing by mostly black rioters broke out just hours after the funeral of Freddie Gray, a 25-year-old black man who suffered a fatal spinal cord injury while in police custody. It was the worst such violence in the U.S. since the unrest that erupted last year over the death of Michael Brown, the unarmed black 18-year-old shot by a white police officer in Ferguson, Mo.

Political leaders and residents called the violence a tragedy for the city and lamented the damage done by the rioters to their own neighbourhoods.

"The same community they say they care about, they're destroying. You can't have it both ways," Mayor Stephanie Rawlings-Blake said.

Baltimore Police Commissioner Anthony Batts said: "I had officers come up to me and say, 'I was born and raised in this city. This makes me cry.'"

But the rioting also brought out a sense of civic pride and responsibility among many Baltimore residents, with hundreds of volunteers turning out to sweep the streets of glass and other debris with brooms and trash bags donated by hardware stores.

Blanca Tapahuasco brought her three sons, ages 2 to 8, from another part of the city to help clean up the brick-and-pavement courtyard outside a looted CVS pharmacy in the hard-hit neighbourhood where Gray was arrested.

"We're helping the neighbourhood build back up," she said. "This is an encouragement to them to know the rest of the city is not just looking on and wondering what to do."
THE ASSOCIATED PRESS

HISTORY

The crisis marks the first time the National Guard has been called out to deal with unrest in Baltimore since 1968, when some of the same neighbourhoods that rose up this week burned for days after the assassination of the Rev. Martin Luther King Jr.

In the wake of the riots, Orioles will play White Sox on Wednesday in closed-doors game; weekend series shifted to Florida. *More on page 25.*

A woman recovers cooking pots from her collapsed home in Paslang near the epicentre of Saturday's massive earthquake in Nepal, Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

Residents still awaiting help in Nepal

PASLANG

Since quake, decimated village has yet to receive aid

There is almost nothing left of the village of Paslang, Nepal, but enormous piles of broken red bricks and heaps of mud and dust.

One of those piles was once Bhoj Kumar Thapa's home, where his pregnant wife pushed their five-year-old daughter to safety in a last, desperate act before it collapsed and killed her during Saturday's earthquake.

On Tuesday, Thapa and others in Paslang were still waiting for the government to deliver food, tents — any kind of aid — to this poor mountain village near the epicentre of the quake that killed more than 4,700 people, injured over 8,000 and left tens of thousands homeless.

"When I got home, there was nothing," said Thapa, an army soldier. "Everything was broken. My wife — she was dead."

He was put on leave from his army unit to mourn, one of the few Nepalese soldiers not deployed in the country's massive rescue and recovery operation. But instead of sadness, there is anger.

"Only the other villagers who have also lost their homes are helping me. But we get nothing from the government," Thapa said.

An official came, took some pictures and left — without delivering anything to the village of about 300 people north of the capital of Kathmandu, he said.

Paslang is only three kilometres up the mountain from the town of Gorkha, the district headquarters and staging area for rescue and aid operations. But the villagers, who have no idea when they might get help, are still sleeping together in the mud and sharing whatever scraps of food they can pull from beneath their ruined buildings. Three in the hamlet have died.

Officials and foreign aid workers who have rushed to Nepal following the magnitude 7.8 earthquake are struggling against stormy weather, poor roads and a shortage of manpower and funds to get assistance to the needy. On Tuesday, the district managed to co-ordinate 26 helicopter trips to remote villages to evacuate 30 injured people before a major downpour halted the effort.

"We need 15,000 plastic tarps alone. We cannot buy that number," said Mohan Pokhran, a district disaster management committee member.

Only 50 volunteer army and police officers are distributing food and aid for thousands in the immediate vicinity, he said.

THE ASSOCIATED PRESS

SAMBISA FOREST

Nigerian army says it has rescued 200 girls

The Nigerian army said Tuesday it has rescued 200 girls and 93 women in the Sambisa Forest, but could not confirm if any of those freed are the schoolgirls kidnapped a year ago.

The army announced the rescue on Twitter and said it is now screening and profiling the girls and women.

More than 200 schoolgirls were kidnapped from Chibok in northeastern Nigeria by the Islamic extremist group Boko Haram in April 2014.

The Nigerian army announced two weeks ago that it would go into the Sambisa Forest, which is a centre for the Boko Haram fighters, and that it believed the schoolgirls may still be there.

THE ASSOCIATED PRESS

INDONESIA

Execution of drug smuggler delayed

A Philippine woman convicted of drug smuggling — one of nine people due to face a firing squad — has been granted a stay of execution, Indonesia's attorney general said Wednesday.

Mary Jane Fiesta Veloso had been arrested in 2010 at the airport in the central Indonesian city of Yogyakarta, where officials discovered about 2.5 kilograms of heroin hidden in her luggage.

Attorney General Muhammad Prasetyo said Veloso was granted a stay of execution because her alleged boss has been arrested in the Philippines, and the authorities there requested Indonesian assistance in pursuing the case.

Indonesia media reported that the other eight had been executed, citing official though unidentified sources.

THE ASSOCIATED PRESS

15 video games make Hall of Fame shortlist

THE STRONG MUSEUM

Finalists include Pong, Angry Birds, Minecraft

Fifteen video games that have engrossed gamers for untold hours were named finalists Tuesday for the new World Video Game Hall of Fame.

The list includes arcade trailblazers Pong and Space Invaders, smartphone favourites Angry Birds and Minecraft and an array of others for console and computer.

Only a handful will make up the hall of fame's inaugural class, to be chosen by an international selection committee of journalists, scholars and other video game experts.

The induction ceremony is scheduled for June 4 inside The Strong museum in Rochester, N.Y., which also houses the National Toy Hall of Fame.

The 15 finalists nominated for the World Video Game Hall of Fame, from left, Pac-Man, Space Invaders, Sonic the Hedgehog, Minecraft, the Sims, Super Mario Bros., Doom, top, World of Warcraft, centre, Pokemon series, bottom, the Legend of Zelda, the Oregon Trail, Tetris, FIFA soccer, Angry Birds, Pong. BETHANY MOSHER-THE STRONG/THE ASSOCIATED PRESS

"The 15 finalists for the World Video Game Hall of Fame span decades, gaming platforms and geographies," said Jon-Paul Dyson, director of the museum's International Center for the History of Electronic Games. "Whether it's the groundbreaking game Pong or a more recent viral sensation like Minecraft, all of these games have helped shape the way that people across the globe play and relate to one another."

To make it into the hall of fame, games must have icon status, prove to be more than a passing fad and leave a mark on other games or forms of entertainment, pop culture or society in general.

The Strong said it received thousands of nominations since February, when it announced creation of the video game hall to recognize the impact of electronic games through the years. Anyone can nominate a game online.The museum's electronic games centre has more than 55,000 video games and related artifacts, along with personal papers and corporate records that document the history of video games.

THE ASSOCIATED PRESS

PEER-TO-PEER LENDING

U.S. lender OnDeck expands to Canada

OnDeck Capital, a U.S.-based online marketplace where small businesses can secure loans, is expanding its offerings in Canada, joining a growing number of technology-oriented lenders that promise to transform the financial services landscape.

Experts say Canada has been slow to embrace peer-to-peer lending, a burgeoning industry that provides consumers and small business owners an alternative to the banks by pairing them with institutional investors and wealthy individuals willing to lend them cash.

The concept is gaining popularity south of the border, as well as in parts of Europe and in China.

"Innovations often take longer to arrive here," says Andrew Graham, the chief executive of Toronto-based Borrowell, an online platform launched a month ago that allows consumers to borrow money at rates ranging from 5.9 to 18 per cent.

After an initial trial period where it offered small loans — $50,000 or less — to Canadian firms, OnDeck has set its sights on expanding north of the border, joining a handful of homegrown startups including Fundthrough, which lends to small businesses, and Grouplend and Borrowell, serving consumers.

OnDeck, which has delivered over $2 billion in loans since 2007, will now be offering loans of up to $150,000 to Canadian companies.

THE CANADIAN PRESS

WINE

China beats France in vineyard space

China now boasts more land dedicated to winemaking vineyards than France, as it tries to satisfy a rapid rise in local demand.

China's vineyards grew to 800,000 hectares last year, putting it behind No. 1 grower Spain but ahead of France.

Because its production is less effective than more established winemaking countries, China's output is only the seventh-biggest, according to figures released Monday by the Paris-based International Organization of Vine and Wine.

France took over the title of top producer from Italy last year, with 46.7 million hectolitres, or 6.2 billion bottles. EU countries have intentionally reduced vineyards in recent years to make them more efficient and improve quality.

By contrast, China's harvest is expected to yield 11.2 million hectolitres. The bulk of that is destined for consumers in China, whose 1.4 billion people knocked back 15.8 million hectolitres (2.1 billion bottles) of wine last year.

The taste for wine has grown rapidly in China over the past 15 years, more than local production can keep up with. Added to the status carried by foreign wines, China has become the world's sixth-largest wine importer, on par with Russia.

THE ASSOCIATED PRESS

Workers collect red grapes in the vineyards of the famed Chateau Haut Brion near Bordeaux, France. THE ASSOCIATED PRESS FILE

IN BRIEF

Google throwing cash at European publishers

Google says it will give European publishers — who accuse Google of profiting from their content — 150 million euros (about $198 million) to help them adapt to the challenge of selling news online. THE ASSOCIATED PRESS

LG offers leather phones

LG is making its new G4 smartphones with optional leather backs as it seeks to distinguish its phones from Apple's iPhones and Samsung's Galaxy smartphones. The G4 will have a choice of leather finishes. By contrast, Apple and HTC use metal and Samsung uses glass.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, April 29, 2015

PRO CON METRO EXAMINES BOTH SIDES OF THE CANADA POST CONTROVERSY

Are community mailboxes good for community?

NO: They'll destroy the fabric of our great country

Boxes are not always installed with municipal approval or co-ordination (which prompted a court challenge this week from the City of Hamilton against Canada Post). A big, ugly metal superbox on or near your home can lower property values. Canada Post's refusal to add recycling bins will inevitably lead to more litter as not everyone will bother to lug home their junk mail. As our already brutal winters become increasingly more freakish, walking or driving to get essential documents will become dangerous or impossible for many. The keys don't always work. And for those with mobility issues, we wish you luck as you navigate the bureaucratic rigamarole of proving you deserve special dispensation for home delivery once a week.

YES: But only if we use imagination and planning...

The visionary view is that random encounters — and increased interactions as people gather to collect their mail — could improve quality of life for many. But this happy scenario will require more than just dumping a metal box on the edge of a lonely road. Imagine if beautifully designed mailboxes were incorporated into a local café or community centre — a destination you could walk or drive to with a friend, where you could have a cuppa and gossip about the day's news, check out community events on a notice board, or cruise the Internet. Early humankind gathered around a communal fire not just for warmth, but for much-needed human contact. Wouldn't it be wonderful if community mailboxes could resurrect that kind of ritual?

Satire fails, if it serves only the privileged

SOCIAL DISCOURSE

Omar Mouallem

I never thought I'd hold the PEN American Center's Freedom of Expression Courage awards and Adam Sandler in the same thought. But events this week brought their worlds closer together after both were boycotted over racial stereotyping.

The PEN honoree, Charlie Hebdo magazine, mocked underprivileged minorities, according to six esteemed authors boycotting the ceremony. Sandler's in-production movie, The Ridiculous 6, flagrantly dismissed the advice of its Native American cultural consultants and extras until they walked off the set.

Satire isn't supposed to be sacred, which is the very thing that makes it sacred. It shows deference to no one. But it can also cross a line and become a way for the empowered to bully the disempowered.

In recent years, similar criticisms have been thrown at 2 Broke Girls' asexual Asian workhorse tropes, The New Yorker's "fist bump" cover featuring a turbanned Obama with wife Michelle as a gun-toting revolutionary, and Tina Fey's new comedy Unbreakable Kimmy Schmidt — for, among other things, a weird subplot featuring Polish-American actor Jane Krakowski's character as Native American.

Some of these criticisms are valid, others misconstrued. Together they indicate growing empathy for oppressed groups. But does the frequency of these criticisms mean audiences are becoming more sophisticated, or oversensitive?

Certainly it's become much harder to get away with casual racism since the 1990s, when Sandler teased gays, Asians, women and his own Jewish clan with equal opportunity. But there's something deeply disturbing about The Ridiculous 6. One scene shows an indigenous woman falling down drunk before being roused by white men pouring liquor on her.

Are audiences becoming more sophisticated? Or oversensitive?

Netflix, producers of The Ridiculous 6, defended Sandler: "It is a broad satire of Western movies and the stereotypes they popularized, featuring a diverse cast that is not only part of — but in on — the joke." Call me skeptical but, when actors from a group that, according to one study, gets an average of 196.5 seconds of screen time per appearance, are involved, I doubt they were in on anything.

Growing up, I rarely saw an Arab depicted in comedy who wasn't a sex-crazed sheik, muted and submissive harem slave or violent radical. Even as a child I recognized it as cruel and hurtful. Charlie Hebdo has shown these portrayals are as prevalent and problematic as ever, but also that excessive sensitivity can be more damaging.

Satire isn't an exact science. That's why it's art. But even the lowest-brow art is best when it challenges the audience's expectations — if not for the sake of social commentary, then just because upending clichés makes for better entertainment. When comedy instead supports ridicule, it only serves the privileged.

Omar Mouallem (@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

"Asking advertisers to stop exploiting our insecurities is naive"

Protein World just wanted to sell some diet pills.

Instead, the company has raised women's ire over a sexed-up ad campaign on the London Underground featuring a bikini-clad woman.

"The image features bold writing asking commuters 'Are you beach body ready?' when it might as well say 'Do you feel rubbish yet?'" wrote protester Tara Costello.

Women are defacing the ads. There's a "taking back the beach" rally planned and a petition to get the ads removed, which the transit authority is sidestepping since the ads are set to come down today.

Stop trying to make us feel bad, the protesters are demanding. Fat chance.

"That's what advertising does," said Jacqueline Lambiase, professor at Texas Christian University, who's been researching sex and women in the media for 25 years.

Advertising preys on our emotions, an idea, Lambiase noted, that goes back to Aristotle, and manipulates our insecurities, a tactic devised in the early 1900s to sell mouthwash and used ever since.

Asking advertisers to stop creating insecurities and exploiting existing ones is naive.

Even companies that seem to be selling an enlightened view of women — Always' #LikeAGirl Super Bowl ad and Dove's #choosebeautiful campaign — have one basic goal, and it's not boosting your female empowerment. It's getting your money.

"I'm pretty skeptical about those kinds of attempts," Lambiase told me. "Brands are only trying to sell themselves. They can't really do anything else in the world."

If you want to praise Dove's #choosebeautiful campaign (which has appeared in this newspaper and tells women: "Beautiful is a choice. One you make every single day"), praise it on the only measure it deserves: sales figures.

Yes, we should still fight the worst offenders, even when it raises their profile (as the backlash has for Protein World). It's well known that ads can negatively impact self-esteem and body image.

But, as Lambiase argued, we also need to boost our resilience against these messages through better media literacy, especially in an age of heightened sexualization, where what was considered pornography in the 1960s is now fair game for advertisers.

There is no healthy image of womanhood, or personhood, in an industry that only sees consumers. There are no allies in the advertising business, and you can't bully Victoria's Secret into doing anything less than making you feel incomplete without their bras.

The key isn't to ask advertisers to sell us a nicer story. It's to stop listening.

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PHILOSOPHER CAT
by Jason Logan

Rescue mission: Swiss ski resort bans Saint Bernard selfies after complaints about working conditions

Beer: It's not just for BBQs

FOOD AND DRINK

Picking the right brew can take your meal to the next level

Bier Markt's Merchant Burger is paired with a Red Racer by Central City Brewing at their King Street location in Toronto. LIZ BEDDALL/METRO

Food lovers need not turn to wine and cocktails when they want to enjoy a meal.

Metro talked to Toronto-based brew specialist Mirella Amato and Elyse Carlucci of Blue Point Brewing Company in the U.S. about how to best pair beer with different dishes.

"I've come up with a two-step system that will yield a decent pairing. It might yield a delicious pairing, but it will certainly yield a solid one," said Amato.

The first step is intensity. Both Amato and Carlucci say you want to match the intensity of your beer with the intensity of the dish you intend to pair it with.

"If I have a light salad and I pair that with a really roasty, full-bodied, Russian imperial stout, I'm not going to be able to taste my salad," says Amato, author of Beerology: Everything You Need to Know to Enjoy Beer ... Even More, which includes a chapter on beer pairings.

"If I have a thick stew with vegetables and spices and meat and I pair that with a light lager, the flavour of the lager will be completely lost."

Amato says the second step is not in any of the literature she's read — it's more of an insider tip.

"Line up the colour intensity of your beer with the colour intensity of the main ingredient of your dish."

Carlucci says while you can do contrast pairings, they are difficult for novices to pull off.

She does, however, recommend contrast pairings for newbies in one situation: "If you're looking to cool down the heat in a really spicy dish, contrast it with wheat beers, like white styles or pilsners. That's the only time where a contrast for novices might be a good thing."

Here, Amato and Carlucci share some of their favourite pairings for different foods. A list of Canadian options provided by Amato is included at the end of each category.

Chicken or pork: "You can go with a more traditional lager style," says Carlucci of medium-bodied proteins.

"Stick with medium intensity beers that have more flavour, but not a lot of hops."

Amato takes it back to her colour principle.

"If you are looking to pair beer with chicken or white fish, you want to go with a gold to pale amber beer. If you're getting into salmon, pork, lentils, you want a deeper amber beer."

Examples:

• Golden lager, like Tree Brewing's Beach Blonde (British Columbia)
• Golden ale, like Boréale Blonde (Quebec)
• Kölsch-style ale, like Beau's Lug-Tread Lagered Ale (Ontario)
• Märzen, like Paddock Wood's Red Hammer (Saskatchewan)
• Bock, like Hoyne The Big Bock (British Columbia)

Classic burger: "I enjoy my burgers with either a British-style pale ale or a British-style brown ale. That brown colour lines up nicely with the meat. And of course, with burger, it's extremely rare that you're going to have it plain — there's a lot of flavours there and British-style ales have a complexity of flavours," says Amato.

Examples:

• Picaroons Best Bitter (New Brunswick)
• Central City Brewers Red Racer (British Columbia)
•Black Oak's Nut Brown Ale (Ontario)

Desserts: Pairing beer with desserts all depends on what you're serving.

"If you like more fruity desserts, there are some really good fruit lambics out there and that's a great style for someone who likes fruitier cocktails or has a sweeter palate," says Carlucci.

"There are a lot of great beers out there that have fruit undertones."

As for heavier desserts like a dark chocolate mousse, Amato says you can go two ways.

"A really intensely fruity fruit beer is delightful because then you get the chocolate and fruit thing."

She also recommends a Barley wine, "a really thick, chewy beer — it has got a roundness to it, which mirrors the mousse nicely, but it also has a higher alcohol content to cut through the richness."

Examples:

• Mill Street's Barley Wine (Ontario)
• Garrison Ol' Fog Burner (Nova Scotia)
• Central City Brewing's Thor's Hammer Barley Wine (British Columbia)
• St Ambroise's Framboise (Quebec)

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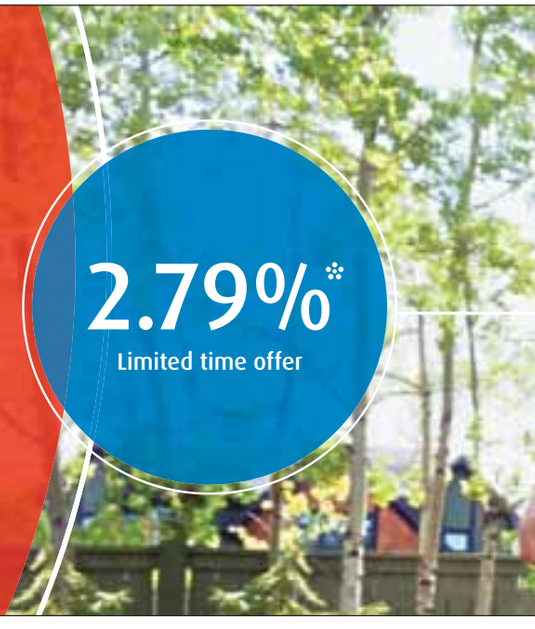


It's a crackin' good time

MARITIME TREAT

Lobster best enjoyed in casual setting, chef says

For many Canadians, lobster is a dress-up, special-occasion food eaten at a fancy restaurant.

"But it should be the total opposite," says Alain Bosse, a.k.a. The Kilted Chef, of Pictou County, N.S.

"You should be dressing down and eating it at your picnic table."

The food consultant and "ambassador of all things culinary in Atlantic Canada" says the Maritimes "have the best lobster in the world."

"We have the most pristine water and because of our cold climate, our shells are harder and meatier. We end up with a good, hard-shelled quality lobster that's full of meat, versus a soft-shell lobster that's moulting," he says.

"And we sell more lobster than anywhere else in the world, Maine included."

The Halifax-based Lobster Council of Canada's executive director, Geoff Irvine, confirms Canada provides more than half the world's supply of live and processed hard-shell Atlantic lobster, with an export value last year of $1.5 billion.

The industry is highly regulated, Irvine says.

The Atlantic Coast (there's no lobster on the West Coast) is divided into 41 "lobster fishery areas" (LFAs), each with its own "season" — a starting and finishing date. Fishers are licensed for specific areas. May and December are peak production times, but at least one LFA is in operation in any given month.

These staggered seasons encourage sustainability but also protect summer moults. Lobsters shed their shells to grow and are at their best when the new shells have hardened and are full of meat.

About 40 per cent of the lobster catch is delivered live to customers and 60 per cent is processed into "literally hundreds of products," Irvine says.

Despite accessibility to fresh lobster, Bosse still calls it a "wonderful treat." But that accessibility may explain a more casual approach to a lobster dinner in the Maritimes, including roadside "pounds" where the only accompaniments may be a paper plate and plastic utensils.

"Typically in Atlantic Canada, we eat lobster cold, dipped in hot butter," he says. "And we always eat it either with french fries, potato salad or french bread."

HEALTH-WISE

Hard-shell lobster has fewer than 100 calories per 100-gram serving, with 89 per cent of calories from protein. It's low in fat and carbohydrates, has virtually no saturated fats and is a good source of vitamins and minerals.

A little education takes the intimidation factor out of cooking lobster. ISTOCK

Cooking tips

• If unfamiliar with the crustacean, a great way to start is to buy it — raw or cooked — already fully or partly removed from the shell. That eliminates the issues of dropping live lobsters into boiling water to cook and of wrestling the meat out of the full shell.

• Overcooking is probably the most common mistake, Bosse says. A 625-gram (1.25-pound) raw lobster "takes about 12 minutes in boiling water or steamed and you only add a minute per quarter-pound (125 g). A lobster tail, stuffed with butter and baked in the oven, takes six or eight minutes at 350 or 400 F (180 or 200 C)."

• Lobster meat is cooked "when it starts to become opaque — a nice white colour." For whole lobster, if you pull the tentacle and it releases fairly easily, the lobster's cooked.

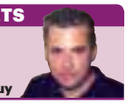
THE CANADIAN PRESS

WINE

Chard helps seafood sing

LIQUID ASSETS

Peter Rockwell
@therealwineguy



When I began my journey down the long and winding wine road, learning more about what I was drinking, other than what was written on the back of the bottle, was a struggle. With no Internet, meeting winemakers face-to-face was the only way to get an insider's peek under a winery's tent.

A recent tasting with Margo Van Staaveren, the longtime winemaker at California's Chateau St Jean, reminded me that it's still hard to beat that kind of interaction.

Founded in 1973, St Jean has been a Golden State pioneer when it comes to wines produced from specific vineyards.

While Van Staaveren creates plenty of liquid magic from those individual plots, her straightforward Chateau St Jean 2012 Sonoma County Chardonnay ($18.95-$19.99) represents her efforts equally as well.

Like me, she's an unabashed Chardonnay fan and the soft, tropical fruit and balanced, buttery oak influence in this chard tastes as good on its own as it does with rich seafood and dishes dominated by springtime veggies. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

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French actresses Marion Cotillard and Léa Seydoux will star in Juste La Fin Du Monde by Canadian director Xavier Dolan. GETTY

Dolan thrilled with talent in Juste La Fin Du Monde

XAVIER DOLAN

Director's latest tells story of man announcing his pending death

Production is set to begin next month on Xavier Dolan's next film, a French-language feature starring Marion Cotillard, Léa Seydoux and Vincent Cassel.

Dolan says he's thrilled to work with such "inspiring talent" on It's Only the End of the World (Juste La Fin Du Monde). The Canada-France co-production also stars Nathalie Baye and Gaspard Ulliel.

The film is based on a play by Jean-Luc Lagarce of the same name.

It centres on a writer who returns to his hometown, planning to announce his upcoming death to his family.

Dolan says he was introduced to the play many years ago by muse Anne Dorval, whose Dolan credits include Mommy and I Killed My Mother.

The Quebec writer/director says he will shoot the film in late May before starting on his first English-language project, The Life and Death of John F. Donovan, starring Kit Harington and Jessica Chastain.

> **"It's humbling to translate someone's world, someone's intimate creation to the screen.**
> Director Xavier Dolan

Dolan says he hopes It's Only the End of the World could bridge the genre chasm between his mother-son drama Mommy and John F.

"It's the second time I'm adapting a play and I have to admit that so far, for me, novels and plays have been the regal road to screenwriting," Dolan said in a release.

"I love adaptations and they challenge me in a different way. It's humbling to translate someone's world, someone's intimate creation to the screen. It's a big responsibility. And it's a risk. So that's all very, very inspiring."

THE CANADIAN PRESS

GOSSIP NOTES What people are talking about this week

McDreamy McTardy?

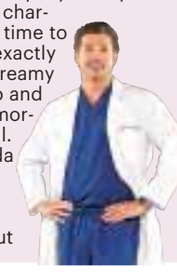
Ned Ehrbar
In Hollywood

Now that you've recovered from the sudden death of Patrick Dempsey's Grey's Anatomy character, it's time to dig into exactly why McDreamy had to go and slip this mortal TV coil.

"Shonda (Rhimes) had no other choice but to fire Patrick. He had been showing up late and was holding up production because he couldn't remember his lines," a source tells Radar Online.

"Shonda shouldn't be blamed. This is on Patrick and no one else."

And apparently Rhimes gave Dempsey a chance to fix his behaviour, but he didn't take it.



Michelle who?

A British soap star you've probably never heard of, at least according to FHM, is apparently the hottest woman on the planet. The lad magazine has dubbed Coronation Street star Michelle Keegan 2015's Sexiest Woman in the World after coming in second last year.

Kendall Jenner takes second place this year, while Jennifer Lawrence, last year's title-holder, drops to third. The list — which tallies up 100 women — was determined via an online poll, with more than 1 million votes cast.

Sure, fine, but we're really saying Kendall Jenner is sexier than Jennifer Lawrence? I don't think I can get on board with this.

Adams to wed

Amy Adams is getting married this weekend, and honestly it's about damn time.

The American Hustle star has been with fiancé Darren Le Gallo for 14 years, and they've been engaged since 2008, but they're just now finally getting around to sealing the deal.

"The guest list is being kept very small, and she has kept the location very much under wraps," a source tells Page Six.]

So what's taken so long?

Adams' very busy acting career apparently kept getting in the way.

The Avengers reassemble

INTERVIEW

Paul Bettany is a futuristic Vision — but he can't hear you

Paul Bettany couldn't hear anything.

When the 43-year-old actor initially donned a noggin-encasing headpiece to portray the mysterious Vision in Avengers: Age of Ultron, in theatres Friday, Bettany could barely make out what anyone was saying around him. That isolation ended up fuelling his imposing performance in the followup to the 2012 smash that brought together Marvel's mightiest heroes.

"I would go to a place of real Zen, where I meditated on the line of thousands and thousands of actors that would love to be in my position in an uncomfortable suit," said Bettany in a recent interview at Disney Studios.

"However, I would be lying to say it didn't take a great deal of (expletive) effort not to rip it off. They ended up drilling holes in it because I literally couldn't hear anything."

After five years of voicing Tony Stark's soothing operating system sidekick J.A.R.V.I.S. in the previous Avengers and Iron Man films, Bettany's role as the purple-skinned Vision marks the first time in front of the cameras in a Marvel film for the lanky British actor best known for starring in such films as Wimbledon, The Da Vinci Code and Priest.

"The first day I walked on set, Robert (Downey Jr.) made a lovely speech welcoming me," said Bettany.

"Everybody was completely convivial and pleasant. They were making jokes — or at least I think they were making jokes because I couldn't hear a (expletive) thing. It's actually a really nice atmosphere on those sets. Often, it's not like that."

Bettany is portraying perhaps the best-kept secret of the second Avengers outing. In the comics, the commanding Vision is a type of android dubbed a "synthzoid" by Ultron, the nefarious robot that created him. The cinematic rendition is similarly fashioned by Ultron (played by James Spader as an evil artificial intelligence program).

However, this Vision might not be what he seems.

"He's an android, technically, but I would say he's what's next," said writer-director Joss Whedon.

"He's more evolved than the rest of us, which may prove to be a good thing or not. To me, this Vision feels like what it meant to me to read him as a kid. He has that calm distance but is also strangely emotional. Paul is just soooo phenomenal as him."

Transforming into Vision was a three-and-a-half-hour-long process each day for Bettany that involved a skintight suit, lots of makeup, a bit of computer-generated flair and that metallic headpiece. Bettany noted "the solution is often in the problem itself," and that the oppressive costume provided a sense of calm to his interpretation of the Vision.

"I never thought I was going to play someone being born, obviously, because I'm 43 years old," said Bettany. "It's actually a really interesting opportunity and peculiarly edifying to imagine yourself as a total innocent without any moral compass experiencing the world as it hits you, and at the same time be omnipotent and extraordinarily powerful. "

The character, who is romantically involved with Scarlet Witch (Elizabeth Olsen) in the comics, is expected to play a part in the upcoming Avengers sequels: Infinity War - Part I in 2018 and Infinity War - Part II in 2019. Bettany acknowledged he doesn't totally know Marvel's grand vision for Vision — and he doesn't want to hear it just yet, either.

THE ASSOCIATED PRESS

> **"I never thought I was going to play someone being born, obviously, because I'm 43 years old**
> Paul Bettany

Paul Bettany, who plays Vision in Avengers: Age of Ultron, could barely hear while wearing the costume's headpiece.
CONTRIBUTED

The cast of Age of Ultron battles out-of-control AI onscreen — and in real life they're not so sure about tech. Here the cast talks about what gadgets they embrace and what they fear. THE ASSOCIATED PRESS

Robert Downey Jr.

I feel you have to embrace it. You know, there's always that shadow play that goes on. ... But look, it took over a while ago, metaphorically speaking, by people who were just strung out on their iPhones.

Mark Ruffalo

You get into automated artificial intelligence weaponry, which is being developed now. ... Who knows where that's going to go but it's not an accident that as (Tesla CEO) Elon Musk and Stephen Hawking come out against artificial intelligence and say, 'Hey guys, this is scary. ...'

Elizabeth Olsen

I can't advance with the times. My mother doesn't even know how to check her messages on her cellphone. So I'm my mother's daughter.

Chris Hemsworth

I love robots. Especially if they can clean up around the house, change nappies and things like that. That's what I'm excited about. I want, like, talking robots, to tell them my problems and stuff like that.

Cobie Smulders

I still can't figure out how to use my phone. I'm just getting email. I'm just understanding that process. I feel like it's happening so rapidly and I just can't keep up with it.

Paul Bettany

(Technology) is a double-edged sword, isn't it? You can 3D-print an arm for a kid ... but also you can be cut off from your children. I sit with my children and play, and I hear my phone go 'beep.' And even if I don't go to it, I'm thinking (about it).

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metro DRIVE
Your essential daily news

Rolls-Royce's Phantom Limelight Collection features leather, refined wood and embroidered interiors.

Evoque's beauty beyond skin deep

THE CHECKLIST | 2015 RANGE ROVER EVOQUE

THE BASICS

Type. Five-door, AWD, compact, luxury crossover
Engine (hp). 2.0-litre, inline, turbocharged four-cylinder (240)
Transmissions. Nine-speed automatic
Price. $49,270/$75,525

POINTS

- Lots of Ford-based engineering, as this current-generation Evoque (debuting in 2012) was conceived during the period when Ford owned Land Rover.
- Major mid-cycle update coming for model-year 2016 edition, landing later this year.
- Available in both two-door and four-door body styles.

COOL FEATURES

- New nine-speed automatic transmission added for model-year 2015.
- Optional 360-degree camera and self-parking systems.
- InControl allows some apps to look the same on the touchscreen as they do on your smartphone.

MARKET POSITION

- Evoque's twin is the new Discovery Sport (previously known as Land Rover LR2).
- Lightest and most fuel-efficient Range Rover ever produced.
- As all Range Rovers, Evoque is very capable off-road, and not just a pretty thing.

THE COMPETITION

Porsche Macan S
Base price: $58,315

Mercedes-Benz GLK
Base price: $50,595

Infiniti QX50
Base price: $36,945

REVIEW

Range Rover has compact crossover covered

Mike Goetz
Metro | Canada

The world domination of SUVs and crossovers has progressed through their unstoppable combination of AWD powertrains for all-weather and off-road prowess, a commanding tall-in-the-saddle driving experience, and doors and liftgates that open up to big interiors and cargo areas.

Looks are secondary.

Which makes the Range Rover Evoque, first introduced in 2012, so bloody interesting: It's a crossover that trades on its looks.

And it's not just fantastic looking for a crossover. It looks great, period. Our tester was a Dynamic, the Evoque's highest trim level, so was further bolstered in the looks department with 20-inch wheels, and more aggressive bumpers, tailpipes, and grille. It was also rendered in an awesome metallic shade of Orkney Grey. When I drove the beast to Detroit, it actually got a thumbs-up from the U.S. border guard.

The price to be paid for the sloping roofline at the rear, and smallish rear side-glass, is poor rearward visibility, and a rear seating area that is a bit claustrophobic and short on headroom. Evoque is also a "compact" crossover. It's shorter than a Ford Escape. So the cargo area is predictably tight, too.

Up front in the driver's cockpit, however, you are oblivious to such trifling things.

Everything that touches your body is luxurious, and everything in sight is "high style." I particularly like the rotary gear selector that rises slowly up from the console after the vehicle starts — very James Bond-ish — and the way the big infotainment screen is smoothly integrated in the dash. It doesn't look like an add-on as it does in lesser vehicles. The touchscreen itself, however, is a bit slow to respond, which wouldn't be so irritating if you didn't need it for so many regular functions, like changing radio stations and adjusting seat-warmer settings.

Once under the power of its Ford-sourced 2.0-litre turbocharged "four," it's evident Evoque is designed for spirited driving.

Land Rover made sure Evoque was especially light for its size, and the new torque vectoring system, called ActiveDriveline 4WD, means you can attack corners more quickly than you would otherwise. The ride is also quite firm. It gets even firmer with the low-profile tires on this Dynamic model.

Small and agile, the Evoque is effortlessly propelled by its 240-hp engine. The only glitch is a tendency to give you too much power, when you first dip into the throttle.

SAFETY

Self-driving cars to save lives: Google exec

Self-driving vehicles hold the key to reducing traffic fatalities and will transform the automobile industry, a top Google executive predicted.

Ray Kurzweil, a leading expert in artificial intelligence who joined the Internet search giant in 2012, told the recent annual conference of the Society of Automotive Engineers that the rapidly declining cost of computing power and the advances in artificial intelligence will make autonomous driving a reality.

Kurzweil told the audience that autonomous driving, utilizing artificial intelligence, is definitely coming. "The technology works. It's not far away," said Kurzweil, though he was not prepared to say just when self-driving cars will become a common sight.

"Google advised me to share with you they don't know the answer ... The technology is not going to be introduced until it's ready."

The need and value of autonomous vehicles is clear, he told hundreds of the industry's top engineers. "Google cars have gone close to a million miles without incident," he said.

"Some day an autonomous car will cause an accident and it will be big news. But while we've been talking, several people have died from human drivers."

Autonomous cars "are ultimately going to save millions of lives," he said, noting that traffic accidents kill 1.2 million people worldwide a year now.

"They also provide more efficient use of roads and parking lots. There are a lot of benefits."

But he said Google was not going to let its self-drive cars into the market "until they're safe."

"They have to be much more reliable than the technology they replace."

The appearance of the original Google Car prototype touched off a race among the world's automakers. Ford, Mercedes-Benz, Volkswagen and Nissan have set up engineering centres near Google's headquarters in Silicon Valley, Calif., to focus on self-driving technologies.

"People will still buy cars," Kurzweil said. "But the Uber model with self-driving cars will become very popular.

"We should share our cars. I think that model will grow when we have autonomous cars. AFP

Google won't release its self-driving cars into the market "until they're safe." AFP PHOTO/GLENN CHAPMAN

The new Lincoln Continental seats. JIL MCINTOSH/FOR METRO

Lincoln crafts new ways to sit

DESIGN

Seats in new sedan to be adjustable 30 ways

Jil McIntosh
For Metro

Is it possible to have too many choices? Lincoln doesn't think so, at least when it comes to seats: Those in its upcoming new Continental luxury sedan will be adjustable 30 different ways.

"We didn't set out to make 30 ways and say that's what it needed," says Scott Tobin, director of Lincoln product development. "But we started with an anthropometric study, and saw what support is needed to reduce fatigue while driving, and encourage circulation and comfort."

A lot goes into developing any new seat, primarily because so much is required of it. It has to fit a wide variety of body shapes and heights; it has to be comfortable, but not so squishy that it isn't supportive; it may have to accommodate electric adjustment motors and heating elements, if the car is so equipped; and it has to meet federally mandated standards for occupant safety in a crash. And on top of all of that, automakers have to try to make it as light as possible, because extra weight will affect fuel economy.

The Continental will be Lincoln's most luxurious model, and while the company has only shown a concept version so far, the seats are expected to stay virtually the same in the production model. The designers started with a metal frame and foam as with most seats, but the foam in this one is supported by a layer of polymer plastic.

"These have a different, more revolutionary support system that can flex with your body," Tobin says. "They're almost like a leaf spring, and they support the foam that supports the body. It's about keeping the lower back stable and solid, and then you can adjust for the upper back."

Bolsters on the sides of the seat help to keep the occupants in place, but unlike the solid foam bolsters that other manufacturers use, this Lincoln uses air-filled ones. They deflate when the door is opened, making it easier to slide in and out of the seat, but then pump back up again to provide support.

Perhaps the seat's most important innovation is its thigh support. Many vehicles have these, which slide forward or lift up from the seat to support the back of the knee, but Lincoln's are unique in that the support is split in half, and each side can be individually adjusted. The driver's legs are always at different positions, since one leg must work the throttle and brake, and these individual supports can handle any angle.

"We all naturally splay (our legs) when we sit, and the knee falls out," Tobin says. "You have to think about that. We're all different heights, and these cushion lengths need to be different because (otherwise) you can tweak your back after all day in the car."

AUTO NEWS STUDENTS DEVELOP SYSTEM TO PUT BRAKES ON DRUNK DRIVING

AlcoStop uses sensors in seats, steering wheel

If you've been drinking, you may not get far with AlcoStop, the automotive safety system designed by a group of students at the Institute of Technology of Cintalapa in Mexico. Unlike other devices of its kind, it doesn't require puffing into a breathalyzer device. Instead, sensors inlaid in the seat, shift lever and steering wheel — all capable of detecting the blood alcohol level of the person holding it — will disable the car if required. The system includes a GPS tracking unit that allows for real-time monitoring of the car's location should the would-be driver be too confused to explain where he or she is. In case the car is disabled, an accompanying application alerts family or friends to go and pick up the driver. AFP

The team adjusts a concept model of AlcoStop. AFP

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Games to spotlight fuel-cell cars

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

ENERGY

Japan pushing hydrogen tech

Japan will leverage its hosting of the 2020 Summer Olympics to promote hydrogen fuel-cell cars, which convert hydrogen to electricity for propulsion. Tokyo will spend $385 million on fuel-cell subsidies and hydrogen fuelling stations ahead of the Games to advance the use of hydrogen as an energy source, reported Green Car Reports. Japan's capital city will get 35 hydrogen fuelling stations ahead of the Olympics, and is negotiating with Honda and Toyota to get 6,000 hydrogen cars on its roads by then. For instance, the Toyota Mirai hydrogen car (left) has just gone into production in Japan. More than 80 per cent of the cost of the stations will be provided by the city; Tokyo-area residents are eligible for up to $8,500 in subsidies for fuel-cell cars on top of the $17,000 offered by the government.

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ELECTRIC VEHICLES

Is less more for VW e-Golf?

Volkswagen has produced a less expensive trim level for its e-Golf electric car in the U.S., bringing its suggested retail price down by almost $2,000, to $34,270. The new e-Golf Limited Edition's plug-in electric drivetrain is identical to the one in the more generously equipped SEL Premium edition at $36,265. The e-Golf uses a 24.2-kilowatt-hour lithium-ion battery that powers a 115-horsepower electric motor.

TEXT AND IMAGES BY WHEELBASE MEDIA

SALES

CNG pickup purchases expected to ... pick up

Fiat Chrysler will expand the availability of compressed natural gas for its Ram pickup, Automotive News reported. The CNG-fuelled truck, available to fleet operators only as a four-door crew cab, four-wheel-drive long-bed model, will this fall be offered in a regular-cab two-door body style with two-wheel drive and a long bed. The new Ram CNG should boost sales to fleet buyers looking for a smaller, less expensive CNG truck.

HYBRIDS

Mercedes-Benz shows V-ision

Mercedes-Benz has unveiled a new minivan that emerging-technology magazine Gizmag says might be the future of hybrid drive technology. The Concept V-ision E plug-in hybrid uses technology to deliver "tremendously robust" propulsion. Its four-cylinder gasoline engine and electric motor deliver 333 horsepower and 442 pound-feet of torque.

metro SPORTS

Peyton Manning says he feels good and doesn't see 2015 as a farewell tour

Wednesday, April 29, 2015

Riots spawn closed-doors game at Camden Yards

BALTIMORE

Weekend series between Orioles, Rays shifts to Tampa

After two postponements caused by rioting in Baltimore, the Orioles and Chicago White Sox will play Wednesday at Camden Yards in what is believed to be the first game in major-league baseball's 145-season history without fans in the seats.

Because of the unsettled environment in Baltimore, where rioters burned a drug store and set police cars ablaze on Monday night, officials moved the game up five hours from its original 7:05 p.m. starting time and closed it to the public.

In addition, Baltimore's Friday-to-Sunday series against Tampa Bay was shifted from Camden Yards to Tropicana Field in St. Petersburg, Fla., with Baltimore remaining the home team and batting last.

"It's all about what's best for the city and the safety of our people," Orioles manager Buck Showalter said in a telephone interview with The Associated Press. "The last thing you want to do is put the fans in harm's way. You have to err on the side of safety."

Looting and rock- and bottle-throwing by rioters broke out Monday just hours after the funeral of Freddie Gray, a 25-year-old man who suffered a fatal spinal cord injury while in police custody.

Schools were closed Tuesday and the mayor imposed a 10 p.m.-to-5 a.m. curfew. The announcement of the unique closed-doors game came late Tuesday afternoon, after the Orioles postponed games against Chicago on Monday and Tuesday.

"We were just trying to respond to the wishes of the public officials and protect the integrity of the schedule," Dan Duquette, the Orioles executive vice-president of baseball operations, said in a phone interview.

THE ASSOCIATED PRESS

Police stand guard outside Oriole Park at Camden Yards on Monday in Baltimore.

GREG FIUME/GETTY IMAGES

746

Since 1987, the lowest attendance for a game has been 746 when the White Sox hosted the Blue Jays at Comiskey Park on April 9, 1997, according to STATS.

PERSPECTIVE

Orioles COO John Angleos unleashed a series of Tweets Saturday night in defence of those protesting in Baltimore. Here is an excerpt of those Tweets condensed for clarity:

"The innocent working families of all backgrounds whose lives and dreams have been cut short by excessive violence, surveillance, and other abuses of the bill of rights by government pay the true price, an ultimate price, and one that far exceeds the importance of any kids' game played tonight, or ever, at Camden Yards. We need to keep in mind people are suffering and dying around the US and while we are thankful no one was injured at Camden Yards, there is a far bigger picture for poor Americans in Baltimore and everywhere who don't have jobs and are losing economic civil and legal rights and this makes inconvenience at a ball game irrelevant in light of the needless suffering government is inflicting upon ordinary Americans."

UFC

Jones faces hit-and-run felony charge

UFC light heavyweight champion Jon (Bones) Jones has made his first court appearance in connection with a hit-and-run that police say left a pregnant woman with a broken arm.

Jones appeared in an Albuquerque, N.M., court with his lawyer Tuesday and left without speaking to reporters. He is facing a felony charge of leaving the scene of an accident involving death or personal injuries.

Jones was released Monday on a $2,500 bond.

A judge did not impose travel restrictions on Jones.

According to police, witnesses said that Jones ran from a crash Sunday that hospitalized a pregnant woman but quickly came back to grab "a large handful of cash" from the car.

Authorities say the accident occurred in southeastern Albuquerque when the driver of a rented SUV ran a red light.

THE ASSOCIATED PRESS

IN BRIEF

Cavs' Love likely out for remainder of playoffs

Kevin Love spent all those long, losing seasons in Minnesota aching for a chance to be part of the NBA playoffs. His first foray into them lasted less than four games.

Love sustained "extensive" damage in his left shoulder and will likely miss the remainder of Cleveland's playoff run.

Cleveland is waiting to see if it will play Chicago or Milwaukee in the next round. THE ASSOCIATED PRESS

BOXING

A-list crowd to take in superfight

Tickets are at such a premium to see Floyd Mayweather Jr. and Manny Pacquiao's long-awaited matchup that all of those seated at ringside will be the recognizable, the rich — and the very lucky.

There should be no lack of celebrities — including Jay Z and Justin Bieber — among the 16,800 ticket holders.

Only 500 of the tickets, however, were offered to the public, and they sold in seconds.

THE ASSOCIATED PRESS

Floyd Mayweather Jr., left, and Manny Pacquiao

STEPHEN DUNN/GETTY IMAGES

MLB

Edwin looks to another May run

The Blue Jays are in a bad place right now. Heading into Tuesday night's game they had lost four straight. Their bullpen is in disarray. Their starting rotation has allowed the most home runs in the majors.

Jose Reyes is on the disabled list and Jose Bautista is playing through a bum shoulder.

Adding to the team's concerns is Edwin Encarnacion, who since hitting a pair of homers on April 21 — including a mammoth blast that travelled 463 feet into the upper deck at the Rogers Centre, the third-longest home run in the majors this year — has been in a deep funk, managing just a single over his last 24 plate appearances before Tuesday. But there is hope on the horizon.

Edwin Encarnacion

GETTY IMAGES

"It's turning into his month here soon," manager John Gibbons said recently with a smile. "Release the beast!"

> **"I hope I have a great May this year, too, so I'm excited.**
>
> Edwin Encarnacion

Last year, Encarnacion had a May for the ages. He hit 16 homers — tying Mickey Mantle for the most ever by an American League hitter in May — and drove in 33 runs. He became just the third player in Major League Baseball history to have five multi-homer games in a month.

"Yeah, it was something crazy," Encarnacion said. "I'd never seen something like that in my career, the way I was last May."

Encarnacion is traditionally a slow starter. His career on-base-plus-slugging percentage in April is .770, nearly 80 points lower than his average OPS for the season's other five months.

TORSTAR NEWS SERVICE

Matheson key either way

WOMEN'S SOCCER

Herdman feels veteran will benefit Canada on or off pitch

Diana Matheson. GETTY IMAGES

First an injured anterior cruciate ligament last October and then a broken fifth metatarsal in the foot in March during her comeback. The breaks have all been bad for veteran Canadian midfielder Diana Matheson recently.

"I was far enough in my ACL training that I was able to break my foot, unfortunately," Matheson said wryly after being named to the Canadian women's World Cup team.

The 31-year-old from Oakville, Ont., had the same injury in her left foot in 2010. Now she has matching screws in each foot.

With 166 caps, Matheson is a leader for the Canadian team on and off the field. So coach John Herdman included her in his 23-woman roster for the 24-team tournament that kicks off June 6. Herdman will give her every chance to get back to action.

If she is not ready, he can bring in an alternate up to 24 hours before the tournament. Matheson says if she can't make it in time, she will step aside.

"It's a no-brainer," she said in an interview Monday. "There's other people who are killing themselves and working hard to make this team and they would deserve the shirt, for sure."

But her teammates believe anything is possible with Matheson. And Herdman says either way, she will play a key leadership role for the team.

Because of the foot injury, Matheson was using crutches last week. But she put them aside Monday, walking gingerly down the stairs as the midfielder known simply as D joined her teammates at an outdoor pep rally-style event to announce the squad.

> **"I was far enough in my ACL training that I was able to break my foot, unfortunately.**
> Diana Matheson

When the five-foot Matheson went down during the October friendly against Japan, she knew right away she had injured her anterior cruciate ligament.

She had seen enough people suffer the injury. An "off-balance plant and twist."

Goalie Erin McLeod has endured two ACL injuries. Lauren Sesselmann, Melissa Tancredi and Jonelle Filigno have also come back from the same injury. "It took me a lot longer than it's taking Diana. She's like another breed," Filigno said with a laugh. "I don't know what it is but her body heals quick."

Matheson believes she would have been able to get some games in ahead of the World Cup had she not had to rehab her knee.

"The reality is I won't have that time so it's going to be more jumping straight into the World Cup. Hopefully it's the same outcome — that I'm able to have a positive impact on the team."

While her teammates return home for a 10-day break after the roster announcement, Matheson will be staying in Vancouver to continue her rehab. THE CANADIAN PRESS

Carey Price. GETTY IMAGES

NHL

Habs hail Price's impact

After the Montreal Canadiens held on to eliminate Ottawa in the sixth game of their first-round playoff series, coach Michel Therrien said more than once that "it's a good thing we had Carey Price on our side."

Therrien said the same often this season as the Canadiens, a low-scoring squad that leans heavily on its goaltender, saw Price produce a career campaign that will probably earn him the Vezina Trophy as the league's top goalie but may also bring him the Hart Trophy as most valuable player.

Price saved his best for last against Ottawa, posting a 43-save shutout in a 2-0 victory on Sunday night. He rebounded from allowing five goals in Game 5, which had given the Senators momentum that was crushed by Brendan Gallagher's first-period goal and Price's dominance in the net. "I had no doubt about Carey Price," added Therrien. "I knew he was going to be the best player."

The win put Montreal into the second round against either Detroit or Tampa Bay. Either way, the series is to start Friday night at the Bell Centre.

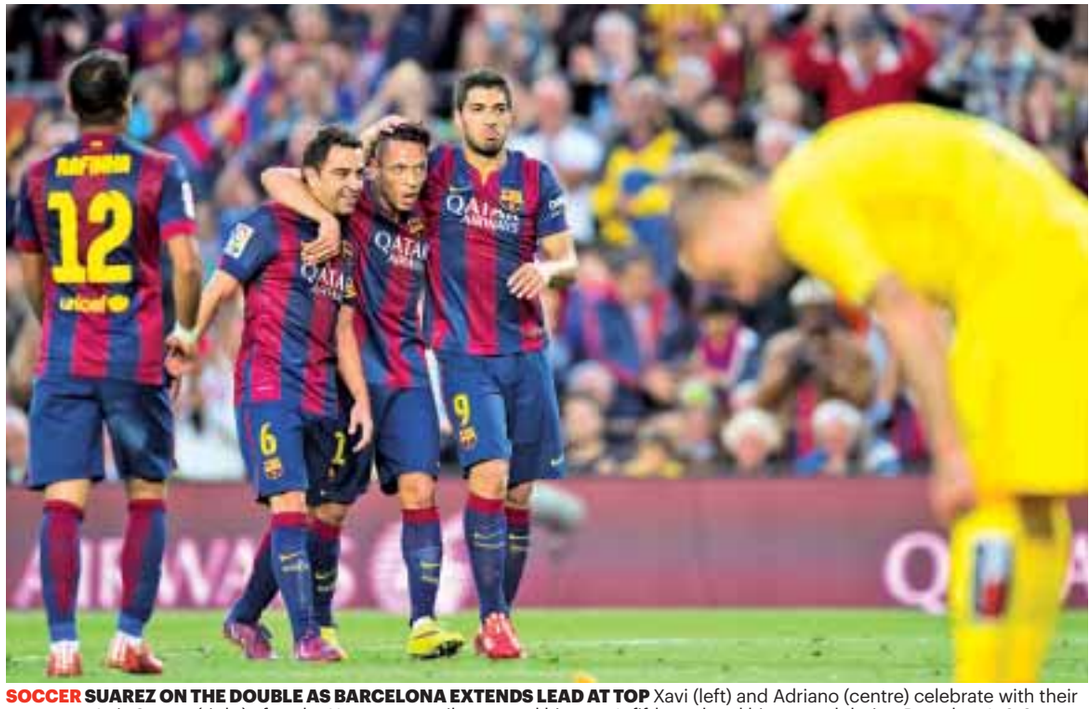
The 27-year-old Price has been doing it all season, going 44-16-8 in 66 starts and leading the NHL in goals-against average (1.96) and save percentage (.933). His NHL-best 44 wins in a season was a team record, two more than the mark set by legends Jacques Plante (1956 and 1962) and Ken Dryden (1976). THE CANADIAN PRESS

EURO SOCCER

In England
Michael Dawson's first-half header gave Hull a 1-0 victory over Liverpool that pushed the northeast England club closer to Premier League survival. Hull is now four points clear of the relegation zone. Liverpool is seven points behind Manchester United, which is fourth and in the final Champions League spot.

In Germany
Bayern Munich's bid for a trophy treble ended on Tuesday when the holders lost 2-0 on penalties to 10-man Borussia Dortmund in the German Cup semifinals after missing four spot-kicks in the shootout.

In Italy
Antonio Di Natale matched Roberto Baggio with his 205th Serie A goal on Tuesday, as his nine-man Udinese side lost 2-1 to Inter Milan.
THE ASSOCIATED PRESS



SOCCER SUAREZ ON THE DOUBLE AS BARCELONA EXTENDS LEAD AT TOP Xavi (left) and Adriano (centre) celebrate with their teammate Luis Suarez (right) after the Uruguayan striker scored his team's fifth goal and his second during Barcelona's 6-0 rout over Getafe at Camp Nou. The Catalan club now hold a five-point lead over rivals Real Madrid at the top of La Liga. GETTY IMAGES

CONCACAF CHAMPIONS LEAGUE SOCCER

First-time Canadian finalists Montreal out to make lasting Impact

It's been quite a ride for coach Frank Klopas and the Montreal Impact. Montreal faces Mexico's Club America in the second leg of the CONCACAF Champions League final Wednesday. Last week in Mexico City, the teams battled to a 1-1 tie.

With a win or scoreless tie, the Impact will hoist the CCL trophy before a sold-out Olympic Stadium crowd and successfully cap a most improbable year-long journey.

"In the beginning, you look at the road and it's always very difficult," Klopas said before Montreal's practice Monday. "But we aimed very high and there was a belief in the group. We couldn't have asked for a better script."

Montreal's route to the final began last spring when it beat FC Edmonton and rival Toronto FC to win the Canadian championship. The Impact then finished ahead of the New York Red Bulls and El Salvador's CD FAS in the Champions League group stage to advance to the knockout round.

After a four-month hiatus, Montreal picked up where it left off, beating Mexico's Pachuca on aggregate in the two-legged series in February. In the semifinals, the Impact held on for another aggregate victory, this time against Costa Rica's Alajuelense.

Now Montreal is a good result away from winning North America's biggest soccer tournament. And for Klopas, Wednesday's game will be the biggest of his coaching career. "Moments like this don't come often," he said. "For our fans, the organization, the city and MLS, it would be great. It would be something special and it's a historic moment that binds this team forever."

The Impact, the first-ever Canadian team to make it to the Champions League final, is looking to be the first non-Mexican tournament winner since Costa Rica's Deportivo Saprissa in 2005. If Montreal wins, it will travel to Japan in December for the FIFA Club World Cup to compete against some of the world's top clubs.

"When I came here, I knew that playing in the Champions League was important to the team," midfielder Ignacio Piatti said through a translator.

"The more we play, the further we get in this tournament, the more emotions there are. I'm ready for this final game to bring the trophy to Montreal."
THE CANADIAN PRESS

RECIPE Mushroom Barley Burgers

EAT LIGHT AT HOME

Rose Reisman
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@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 36 minutes
Serving size: 4

Ingredients

Burgers
- 2 cups vegetable stock (or water)
- 1/2 cup pearl barley
- 4 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced carrots
- 2 cups diced mushrooms (any variety)
- 3/4 cup seasoned dry breadcrumbs
- 1 egg
- 1 1/2 tsp crushed garlic
- 1 tsp hot chili sauce or to taste
- 1/3 cup chopped cilantro
- 1 tsp low-sodium soy sauce
- pinch of salt and pepper

Tahini sauce
- 1 Tbsp tahini (sesame seed paste)
- 1 Tbsp light mayonnaise
- 1/4 cup low-fat plain yogurt
- 1/2 tsp crushed garlic
- 1 tsp low-sodium soy sauce
- 3 Tbsp chopped cilantro

Directions

1. Bring the stock and barley to a boil, cover and simmer for 30 minutes. Drain and set aside.

2. Meanwhile heat a large, nonstick skillet and add 2 tsp of the oil and the onion and sauté for 3 minutes. Add the carrots and sauté for 3 minutes. Add the mushrooms and sauté for 8 minutes or until the vegetables are tender and no liquid remains.

3. Add the barley and vegetable mixture to the bowl of a food processor. Add the breadcrumbs, egg, garlic, chili sauce, cilantro, soy sauce and salt and pepper. Process just until still slightly coarse. Form the mixture into 4 burgers.

4. Lightly coat a large, nonstick skillet with cooking spray and the remaining oil, then cook burgers for 3 minutes per side.

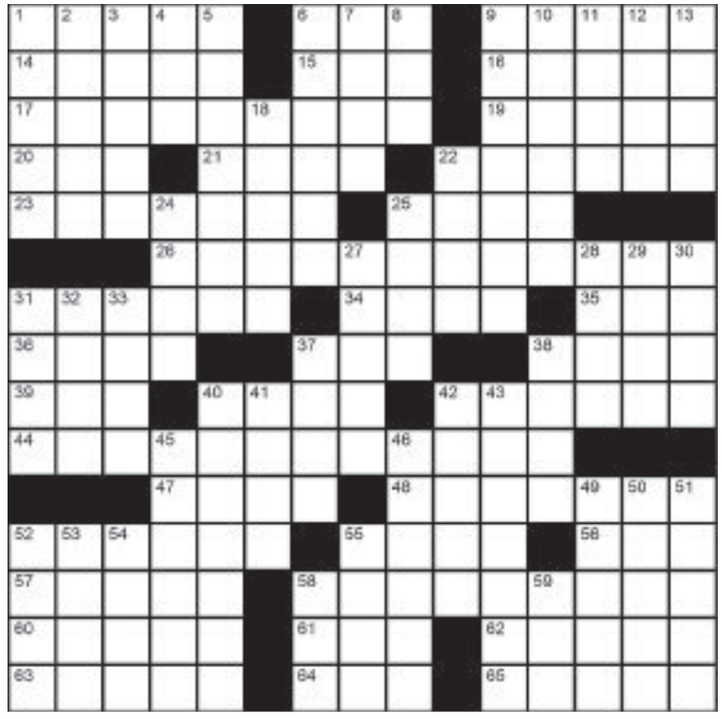
5. To make the sauce, whisk the tahini, mayonnaise, yogurt, garlic, soy sauce and cilantro together in a small bowl and serve with the burgers.

Nutrition information per serving
- Calories 322
- Protein 10 g
- Carbohydrates 46 g
- Fibre 6.5 g
- Total fat 11 g
- Saturated fat 1.8 g
- Cholesterol 55 mg
- Sodium 490 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Who made this mess?" response: 2 wds.
6. Jimmy
9. Sandwich sorts
14. Pungent
15. Ms. Michele
16. Spooky
17. Cape Breton community famed for its hooked rug artistry
19. Heroic poems
20. Charlemagne's domain [acronym]
21. Not that
22. Lauds
23. __ headache
25. Foe of the Allies in WWII
26. 'The __ __ Province' (Nickname for Manitoba because of its early shape and small size)
31. Bring into harmony
34. Light fog
35. Toronto Maple Leafs centre Mr. Komarov
36. Mr. Penn
37. German article
38. Scottish family
39. Apiece
40. Big bits
42. Keenness
44. Smouldering stretch seen from Franklin Bay in the Northwest Territories: 2 wds.
47. Mr. Andreoff, LA Kings player born in Pickering, ON
48. Cinderella's is glass
52. Non-printed fabrics
55. Blackthorn fruit
56. Leandro's beloved
57. Awry
58. Canadian singer of current tune "Sound of Your Heart": 2 wds.
60. Brief movie role
61. Particle
62. Uptight
63. Bouillon/soup mix brand
64. Curtains holder
65. British singer Leo

DOWN
1. Night: German
2. Earthy pigment
3. Wooden
4. "Good Will Hunting" (1997) univ.
5. Version
6. Grievance
7. Sleep stages, commonly
8. Sharp bark
9. Arcade Fire song that goes "They walk in the room / And stare right through you...": 2 wds.
10. Meal
11. Seed covering
12. Ancient Scot
13. Meeting [abbr.]
18. Selected
22. Married-no-mores
24. Twirled
25. Opposin'
27. "Witness" (1985) folk
28. Josh Groban/Kelly Clarkson duet: "__ _ Ask of You"
29. Vegan's no-no
30. Baby horse
31. Some snakes
32. Abound
33. Tropical tuber
37. Irritable
38. Crescent moon point
40. 'City of Roses' in Ontario
41. Conjunctions
42. Permit
43. Entrepreneur's customers
45. Sandwich roll
46. Cape Breton __
49. Spring flower
50. Jagged
51. "Today" weatherman Al
52. Large bag
53. Sultanate of the Arabian Peninsula
54. Celeb's ride
55. "Begone!"
58. Aristocratic title
59. "Isn't __ _ bit like..." - Beatles, "Nowhere Man"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Opportunities to better yourself won't be hard to find over the next few days, so stay alert and be ready to act when you get the chance. Nothing is impossible if you want it enough.

Taurus April 21 - May 21
Let your mind roam where it will over the next 24 hours. Give yourself permission to dream. The dreams you have may seem far-fetched to some but chances are it won't be long before they are no longer dreams but realities.

Gemini May 22 - June 21
You may not be happy with some of the changes taking place at the moment but your instincts tell you that you will benefit from them in some way, so keep your doubts to yourself and don't make waves.

Cancer June 22 - July 23
You don't lack for ideas or the confidence to use them but you should nevertheless keep them to yourself for a bit. The planets warn this is not a good time to share what you know.

Leo July 24 - Aug. 23
If your everyday routine has become a bit too predictable now is the time to do something about it. There will be some serious upheavals in the working pattern of your life over the next few days. Take full advantage of them.

Virgo Aug. 24 - Sept. 23
Is it really possible that so many good things are happening and that so much is going your way at the moment? Yes, of course it is, and they will continue to go your way so long as you believe that you deserve it.

Libra Sept. 24 - Oct. 23
Relationships of all kinds are under favourable stars right now, so even if there have been a few harsh words of late you can, if you wish, patch things up and be friends again.

Scorpio Oct. 24 - Nov. 22
Do something special over the next 24 hours, something that those who see it never forget. That might not be as easy as it sounds, seeing as you have done so many special things in the past, but you'll think of something!

Sagittarius Nov. 23 - Dec. 21
You will work extremely hard today and for the rest of the week, not for cash or fame but because you want to prove that a goal you set yourself a while back is possible to reach. If you gain in other ways too – that's a bonus.

Capricorn Dec. 22 - Jan. 20
The cosmic powers that be are very much on your side at the moment. What does that mean in practical terms? It means you can and you should do something memorable.

Aquarius Jan. 21 - Feb. 19
Your thoughts may be mainly on your work at the moment but you must not neglect matters closer to home. Cosmic activity in the domestic area of your chart means you must make time for those you love.

Pisces Feb. 20 - March 20
Travel and social activities are under excellent stars right now, so don't sit at home thinking about what amazing things might be going on some place else – find out for yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

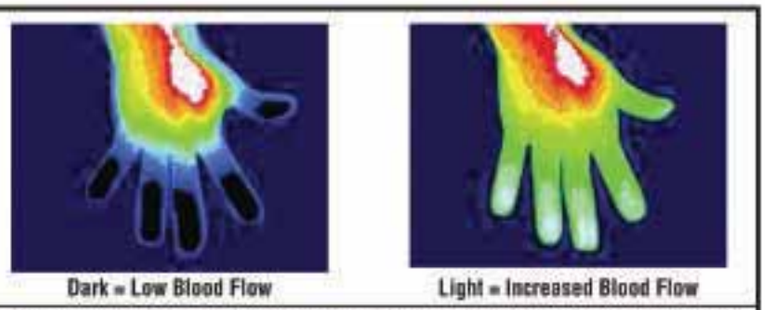
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow | Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40 daily

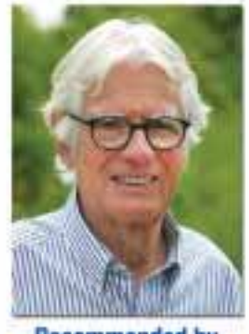
Patented Neo40 daily formula

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improve artery health

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.



Recommended by W. Gifford-Jones M.D.

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